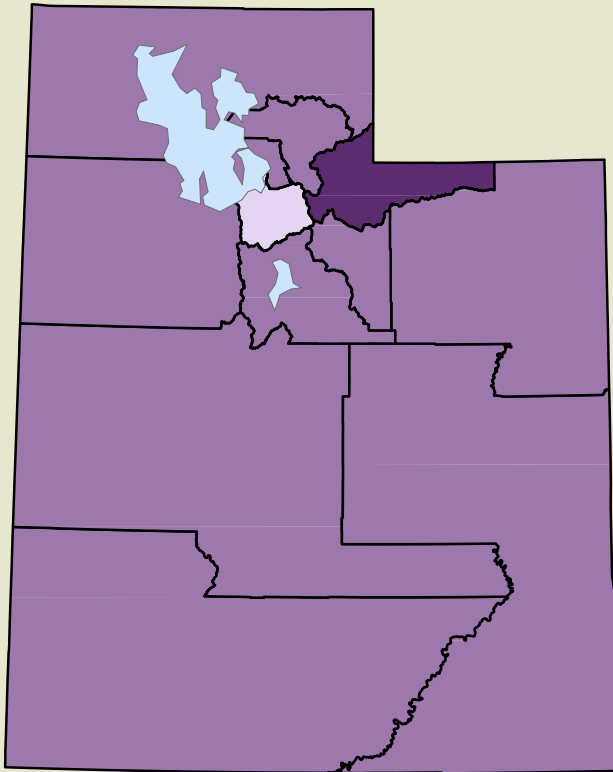


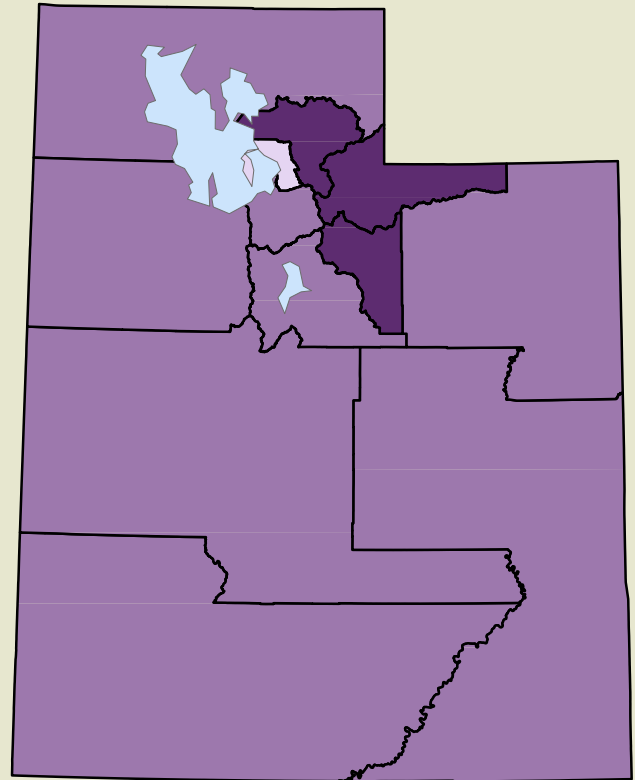
Utah Adult Recommended Physical Activity Rates by Local Health District Over Time

2001



State Rate 52.8% (CI: 50.7%, 55.0%)

2009



State Rate 56.6% (CI: 55.2%, 57.9%)

Legend

- ≤ 50%
- >50% to 59%
- 60% to 66%
- Utah Lakes

General Observations:

- The state rate for adults getting the recommended amount of physical activity has increased from baseline (2001) to 2009.
- In 2009, Summit County Local Health District (LHD) (65.6%) had a rate significantly above the state rate and Davis County LHD (49.2%) had a rate significantly below the state rate.
- In 2009, Bear River LHD, Southwest LHD, Utah County LHD, Wasatch County LHD, and Weber-Morgan LHD had adult recommended physical activity rates above 59%, but these rates were not statistically different from the state rate.

Healthy People 2010 Target: 50%

Source: Utah BRFSS age-adjusted rates, 2001 and 2009.

Recommended Physical Activity: Light or moderate physical activity for at least 30 minutes five or more times per week or vigorous physical activity for at least 20 minutes three or more times per week.

Note: For 2009, unless otherwise noted above, LHD rates were not significantly different from the state rate. CI: confidence interval

